

NURA™

NURA

RED

NIR

PRODUCT GUIDE



PRODUCT FEATURES



JADE STONE

Born of the earth's energy, this healing stone is nature's finest conductor of heat



Dual Laser Fusion

Harnessing both Red Light and Near-Infrared wavelengths for the most advanced and effective therapy experience.



LCD DISPLAY

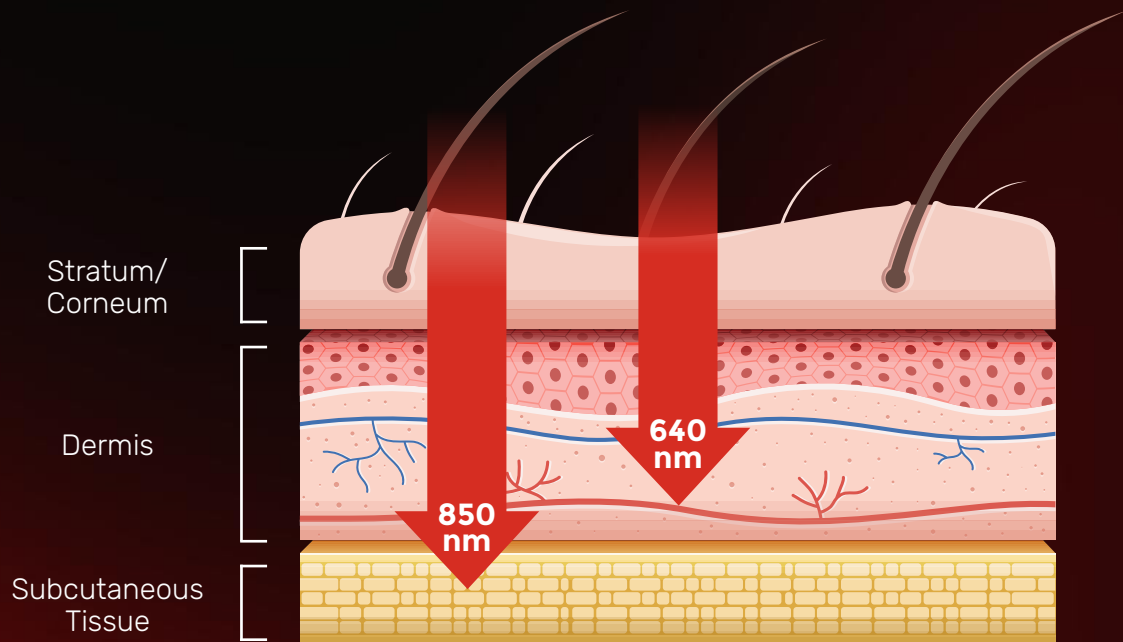
Displays the active mode out of three available options, while a built-in timer ensures each session is precisely timed for optimal results.



Charging Base

A refined, fast-charging base that restores full power in under an hour, ready whenever you are.

SCIENCE EXPLAINED



Advanced Pulsed-Wave Control System



Nura Red utilizes software-guided pulsed-wave technology for superior precision and performance. Each pulse is algorithmically optimized for wavelength accuracy, promoting deeper tissue engagement and consistent results; all while maintaining user comfort and safety.

Deeper Light/Smarter Renewal



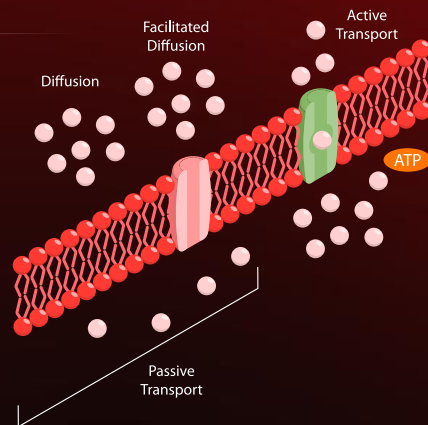
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SCIENCE EXPLAINED



Our device emits light energy (photons) that activate the mitochondria within your cells, enhancing their natural energy and repair processes.

This process stimulates increased ATP production, sparking a cascade of positive biochemical and cellular responses.



Elevated ATP levels fuel vital metabolic functions, driving the synthesis of DNA, RNA, proteins, and enzymes required for cellular repair and growth. This enhanced energy supply promotes mitosis, accelerates regeneration, and helps reestablish cellular homeostasis.

PRODUCT FUNCTION



640nm Red Light

- Red Light Therapy (RLT) penetrates the skin barrier and targets the mitochondria.
- Accelerates cellular repair, promoting faster healing.
- Stimulates cell metabolism and enhances capillary circulation.
- Provides powerful pain relief for both acute and chronic conditions.



850nm Infrared

- Near-Infrared Therapy (NIR) penetrates deep into the tissue up to three inches beneath the surface.
- Targets scar tissue, calcium deposits, and other chronic injuries with exceptional effectiveness.
- Stimulates the growth of healthy new muscle cells and supports tissue repair.
- Detoxifies and helps eliminate inflammatory substances.

Numerous clinical studies have demonstrated the effectiveness of light therapy in treating a wide range of conditions—from chronic inflammation to cardiovascular disease and organ dysfunction..

MODE FUNCTION

Long-press the center button to turn on the device. Once powered on, press the same button briefly to cycle through the modes. The modes are listed below in the order they appear.

Mode 1

NON-STATIC 2.0 Hz PULSE

- Highly effective for targeted pain relief
- Improved Circulation and Oxygenation
- Cellular Metabolism Support
- Nervous System Regulation

Mode 2

Static Light - 0 Hz

- Delivers a constant stream of light energy for deep skin nourishment.
- Helps calm redness and reduce inflammation.
- Promotes balanced, radiant, and healthier-looking skin.

Mode 3

Static Light (0 Hz, No Sensor Control)

- Operates in continuous static mode without sensor activation, allowing use without direct skin contact. Ideal for gentle pre-warming or ambient light therapy, this mode delivers steady heat and light energy to prepare the skin for treatment or provide soothing comfort as needed.



For best performance, apply each mode to the desired area for 5–10 minutes, or as directed by the recommended treatment protocol.

TREATMENT GUIDE



LOWER BACK & HIPS - 4X/WEEK. 10-20 MINS. PER SESSION.

Effective for relief from slipped or bulging discs, arthritis, sciatica, and scoliosis

Begin at the base of your spine (around the tailbone and L1-L2 region) and hold the device there for about 3 minutes. Gradually move upward, spending 2 minutes on each inch until you reach the L5 area. Next, focus on the hip that feels tighter or more sore; position the device over the piriformis area for 4-5 minutes, then shift to the psoas muscle for an additional 3-4 minutes. For best results, follow the session with gentle stretching or hip-opening movements to enhance circulation and flexibility in the lower back.



KNEE CONDITIONS - 3-4X/WEEK. 15-20 MINS. PER SESSION.

(ACL, MCL, MENISCUS DAMAGE, ARTHRITIS, "BONE ON BONE")

Begin on the vastus medialis (the inner thigh muscle near the knee). Place the device on this area and hold for 2-3 minutes as it begins to warm up. Slowly move the device downward, under the knee, and up along the outer side, spending 2-3 minutes per inch as you progress until you reach the opposite side of the knee. Finish by positioning the device behind the knee (popliteal area) for about 3 minutes to encourage deeper circulation. After the session, it's recommended to stretch gently and drink plenty of water, as the treatment helps stimulate circulation and flush out toxins.



FOOT CONDITIONS - 4X/WEEK. 15-20 MINS. PER SESSION.

(Recommended for plantar fasciitis, neuropathy, diabetes-related circulation issues, and high or flat arches.)

Begin by placing the device directly under the middle of your foot, focusing on the arch area, and hold for 3-4 minutes. Then, slowly move the device toward the heel, spending 2-3 minutes per inch until you reach the back of the heel. Next, position the device beneath the balls of your feet, just under the toes, and hold for an additional 3 minutes. After the session, perform gentle foot and ankle stretches to enhance flexibility and circulation.



TREATMENT GUIDE



HAND CONDITIONS - 3-4X/WEEK. 9-13 MINS. PER SESSION.

(Recommended for carpal tunnel, trigger finger, arthritis, and nerve-related discomfort.)

For conditions such as trigger finger, carpal tunnel, and arthritis, follow this protocol 3-4 times per week. Begin by placing the device on the underside of the wrist, near the carpal tunnel area, and hold for about 3 minutes. Next, move the device to the center of the palm and hold for 3-4 minutes. Then, spend an additional 3-5 minutes slowly moving the device back and forth between the wrist and palm to stimulate circulation and relieve tension. Finish the session with gentle hand-opening and stretching exercises to.



NECK CONDITIONS - 3-4X/WEEK. 7-10 MINS. PER SESSION.

(NERVE COMPRESSION, BULGING/SLIPPED DISCS, STENOSIS)

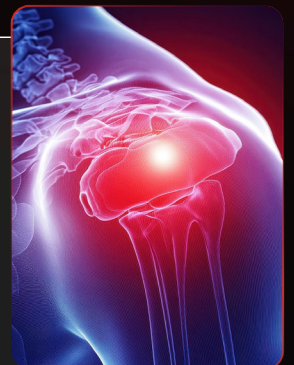
Use the device 3-4 times per week, allowing at least 24 hours between sessions. Begin by placing the device at the C6-C7 vertebrae (the base of the neck) and hold for about 3 minutes. Then, move the device upward one inch at a time, holding for 2-3 minutes per area, until you reach the base of the skull (Atlas 1). After the session, drink water and perform gentle neck stretches or mobility exercises to support strength, flexibility, and improved circulation.



SHOULDER CONDITIONS - 4X/WEEK. 15-20 MINS. PER SESSION.

(Recommended for frozen shoulder, rotator cuff injuries, and arthritis.)

For conditions such as frozen shoulder, rotator cuff tears, or general stiffness, perform this treatment 3 times per week. Begin by placing the device on the middle of the shoulder (middle deltoid) and hold for about 4 minutes. Once gentle warmth develops, move the device to the front deltoid and hold for another 4 minutes, then repeat on the rear deltoid to complete full coverage. After each session, perform light stretching or mobility exercises to restore range of motion and promote recovery.



TREATMENT GUIDE



EYES, HEADACHES/MIGRAINES- 4X/WEEK. 6-10 MINS. PER SESSION.

(Recommended to support relief from headaches, migraines, anxiety, and eye-related conditions such as macular degeneration or floaters.)

For those experiencing macular degeneration, floaters, headaches, migraines, or cognitive concerns such as Alzheimer's or dementia, perform this treatment 4 times per week. Begin by positioning the device 2–3 inches away from your eyes, keeping your eyelids closed, and hold for about 3 minutes to allow gentle light absorption. Next, move the device to your temples and massage in slow, circular motions for 2–3 minutes per side, promoting relaxation, circulation, and tension relief.



ELBOW CONDITIONS - 3-4X/WEEK. 10-12 MINS. PER SESSION.

(Recommended for tennis elbow, golfer's elbow, and ulnar nerve compression.)

For conditions such as tennis elbow, golfer's elbow, or ulnar nerve compression, perform this treatment 3–4 times per week. Begin by placing the device on the inner side of the elbow, directly over the muscle and bone, and hold for about 4 minutes. Then, slowly move the device around the elbow joint, holding for 2–3 minutes per inch as you work your way back to the starting point on the inner elbow. After completing the session, perform light stretching or gentle strengthening exercises to improve flexibility and support recovery.



LEG CONDITIONS - 4X/WEEK. 10-14 MINS. PER SESSION.

(Recommended for hamstring tears, pulled muscles, and IT band compression.)

For hamstring-related conditions, begin by placing the device just below the glute at the center of the hamstring, and hold for about 4 minutes. Then, move the device slowly downward, holding for 2–3 minutes per inch, continuing until you reach the lower end of the hamstring. For quadriceps treatments, follow the same approach—starting at the top near the hips and working downward along the entire length of the muscle. Take your time to ensure each section receives adequate coverage. After each session, perform light toe-to-touch stretches to encourage flexibility and promote full muscle recovery.



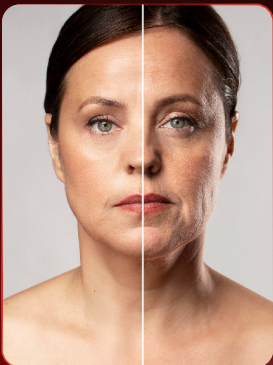
TREATMENT GUIDE



AUTOIMMUNE DISORDERS- DAILY. 10-15 MINS. PER SESSION.

(Recommended to support those managing rheumatoid arthritis, fibromyalgia, and lupus.)

For managing autoimmune-related discomfort such as inflammation, stiffness, or muscle tension, use the device on any area where you feel pain or tightness. Begin by placing the device directly over the affected area and hold for 3–4 minutes to allow gentle warmth and light absorption. Then, spend another 6–10 minutes slowly massaging the area in small circular motions, covering a region roughly the size of a tennis ball. You may repeat this process on multiple areas as needed. After each session, drink 8–12 ounces of water to support circulation and help flush out released toxins.



ANTI-AGING FACIAL - DAILY. 4-8 MINS PER AREA

(Recommended for wrinkles, fine lines, dark spots, eczema, and psoriasis.)

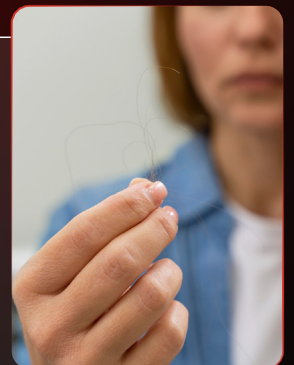
Begin by placing the device under the chin, and slowly massage upward and outward along the jawline, lifting gently as you move. Continue this motion across each section of the face, spending 3–4 minutes per side, including the forehead. For added neck treatment, extend your session by 5 minutes, starting at the base of the neck and moving upward with smooth, lifting motions. After completing your session, follow with your regular skincare routine to enhance absorption and results. If you're targeting specific areas such as dark spots or blemishes, give those regions an additional 1–2 minutes of focused light exposure.



HAIR LOSS - DAILY. 10-15 MINS. PER SESSION.

(Recommended for male and female pattern baldness, alopecia, and thinning hair.)

Treating hair loss begins with improving blood flow to the affected areas of the scalp. For best results, use the device prior to applying Minoxidil, topical Finasteride, or other hair restoration treatments. Start by placing the device directly over the balding or thinning area and hold for about 3 minutes. Then, move the device to the next section of the scalp, treating each area for 3 minutes until all targeted regions have been covered. Consistent daily use helps stimulate circulation, revitalize hair follicles, and enhance the effectiveness of topical therapies.



DISCLAIMER: The statements made regarding these products have not been evaluated by the Food and Drug Administration (FDA). The efficacy of these products has not been confirmed through FDA-approved research. These products are not intended to diagnose, treat, cure, or prevent any disease. All information provided is for educational purposes only and should not be considered a substitute for advice from your healthcare practitioner. Please consult your healthcare professional before using any product, especially if you have a medical condition or are taking other medications.